

THE 2023 NCAT TYR WINTER INVITE

AGE GROUP & OPEN MEET

Hosted by

THE NORTH COAST AQUATIC TEAM

December 1-3, 2023

Held under USA Swimming Sanction # LE 24023 SS

In granting this sanction it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the conduct of the event.

In granting this sanction, North Coast Aquatic Team agreed to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Lake Erie Swimming, the State of Ohio, City of Solon, and City of Shaker Heights.

RISK OF EXPOSURE TO COVID 19: An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

LOCATION: Robert F. Busbey Natatorium, Cleveland State University, 2451 Euclid Avenue, Cleveland, OH 44115

POOL: 25 yards by 10 lanes, Colorado timing system and 10 lane digital readout scoreboard with ample locker room space and balcony seating for spectators; Continuous warm-up and warm-down pool available in non-competitive end of the pool. The depth of the pool at both the start end and turn end is 12 feet. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming.

COVID PROTOCOLS: None at this time. CSU and the meet host reserve the right to update COVID protocols in the future.

RACING STARTS: Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

STARTING TIMES:

Friday night: Warm-up will be 4:45 – 5:45 p.m., with the meet starting at 5:50 p.m.

Saturday and Sunday: *Morning session* (11-12 Boys and 13 & over boys and girls) warm-up will be 7:30 – 8:30 a.m., with boys and girls combined. Warm-up will be split by gender, age group or team if the average number of swimmers per lane is scheduled to substantially exceed 15 swimmers per lane, into a minimum of two groups, in which case warm-up shall be a minimum of thirty minutes for 14U and forty minutes for 15O.

Afternoon warm-up (10 and under boys and girls and 11-12 Girls) will begin 15 minutes after the conclusion of the morning session. Warm-ups will be 45 minutes with girls and boys combined. Warm-up will be split by gender, age group or team if the average number of swimmers per lane is scheduled to substantially exceed 15 swimmers per lane, into a minimum of two

groups, in which case warm-up shall be a minimum of thirty minutes. Estimated afternoon start times will be posted on www.lakeerieswimming.com and www.ncatswim.com websites by November 29, 2023

Saturday finals: Warm-ups information will be announced prior to the conclusion of the morning session and throughout the Saturday afternoon session. The meet will begin 50 minutes after the start of a 45 minute warm-up period.

ENTRY DEADLINE: Entries will NOT be accepted prior to **Monday, November 6, 2023 at 9:00 p.m.** The due date for entries, electronic or otherwise, is Monday, November 20, 2023. The meet will be closed before the entry deadline if the sessions are estimated to be at four hours, so submit early. Hard copy, meet summary sheet and check must be received within five days of the receipt of the electronic file or by Wednesday, November 22, 2023, whichever comes first. Failure to submit the hard copy, summary sheet and payment or to make alternate arrangements with the meet director before the deadline will result in said entry being removed from the meet. Please DO NOT SEND MULTIPLE copies of your entry. If multiple entry files are received, they will be considered revised files and will be entered by the most recent date and time. Email electronic files to Dave Wohlfeil ncatmeetentries@gmail.com. Entries will be accepted and entered as they are received. Phone entries will not be accepted. ONLY UNATTACHED SWIMMERS WILL BE ACCEPTED INDIVIDUALLY. Mail hard copies and fees to: Dave Wohlfeil, 2140 Elbur Ave. Lakewood, Ohio 44107-6143

TEAM SUPERVISION: Teams who are entering swimmers but will not have a coach at the meet should arrange ahead of time for another coach to supervise their athletes. Swimmers without coach supervision must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

RETURN TO PLAY LAW: Under the Ohio Return to Play Law governing concussions, all coaches and officials (in state or out of state) are required to have proof of training in concussion signs and symptoms. This training is available for free and can be found at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/child-injury-prevention/resources/onlineconcussiontraining>. All coaches and officials are encouraged to take this training. It is your responsibility to take care of this requirement.

ENTRY FEES: Individual events \$8.00; Relays: \$12.00; plus a \$3.00 per swimmer LESI surcharge. ONLY UNATTACHED SWIMMERS MAY ENTER INDIVIDUALLY. There is a \$5.00/swimmer handling fee for entries not furnished in an electronic file. Make checks payable to North Coast Aquatic Team.

ENTRY LIMITATIONS: Swimmers may compete in 3 individual events/day exclusive of relays. **Swimmers** may compete in as many relays as needed per day. Age as of December 1, 2023.

DECK ENTRIES: Deck entries will be accepted on a space available basis only and will be seeded **at no time (NT)**. Deck entries will be closed 45 minutes before the start of each session. The deck entry table will be located on the pool deck. The cost of deck entries is \$15.00 per individual event and \$20.00 per relay. Switching events constitutes a deck entry. Deck entry swimmers will be permitted to score. Deck entry swimmers new to the meet must pay the \$3.00 surcharge and provide proof of USA Swimming membership. Deck entrants for whom there is no space will receive a refund. **NO on deck athlete or coach or Non-Athlete USA Swimming registration will be available**

ELIGIBILITY: Swimmers must be current athlete members of USA Swimming and have met the time standard requirements. Coaches must be current coach members of USA Swimming and must check in on each day of the meet. All coaches must display the deck pass (wristband) issued by the meet host. On deck USA Swimming athlete registration will **not** be available. Age is as of the first day of the meet, December 1, 2023.

All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

QUALIFYING TIMES: Please see event listings. Entry times must be equal to or faster than the qualifying time listed as of the entry deadline or the entry will be rejected. Please enter an estimate for any relay entries that do not have a time.

PROOF OF TIME: Swimmers should enter an event only if they have achieved the listed time standard for that event. Teams of swimmers who fail to achieve the qualifying time at the meet will receive a notice of those times that cannot be verified in the SWIMS database. Teams shall submit proof of time. Proofs of time shall be from an observed swim or from a sanctioned or

approved competition only. Times from other meets such as high school, YMCA or NCAA will not be accepted. A fine of \$10.00 for each swim listed in the notice for which acceptable proof of time is not provided will be levied against the team or unattached swimmer.

SWIMMERS WITH A DISABILITY: Qualifying times for 50-yard events will be waived for swimmers with a disability. Swimmers with a disability may enter an event (such as the 100 free) and swim it with a longer yardage event (such as the 200 free) provided his/her time for the lesser yardage event (100 free) is equal to or faster than the listed qualifying time for the longer yardage event (200 free). Entries for swimmers with a disability should be handled in the following manner: (1) enter the swimmer in the Hy-Tek database (or on the regular entry form); (2) list in the email accompanying the Hy-Tek entry file (or on a separate sheet of paper) the name of the swimmer, the stroke(s)/distance(s) s/he wishes to swim, the entry times, the day/session s/he wishes to swim the event(s), and the manner in which s/he prefers to be seeded (with a longer distance or with a different age group); and (3) provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

CONDUCT: The meet will be conducted according to the rules set forth in the current USA Swimming Rules and Regulations and the Lake Erie Swimming Policy & Procedures. Events will be contested in a 25-yard pool. **Friday and Sunday events are timed finals.** On Saturday, all individual will be prelim/final with a championship A final for 10&U and 11-12. Consolation and championship heats (in that order) will be offered for 13&O prelim/final events where a minimum of 20 athletes compete in the prelims. Ten lanes will be used at finals. Fly-over starts may be used in all prelim sessions. **All relays are timed finals and will be swum in prelims.**

CONDUCT OF DISTANCE EVENTS/HEAT LIMITATIONS: The 500 free and 400 IM on Friday evening may be limited to the 3 fastest seeded heats each male and female and will be swum fastest to slowest. Events may be consolidated but scored separately to conserve time. The Open 1000 free may be limited to the 3 fastest seeded heats. The 1000 free will be mixed and will be swim fastest to slowest. Any swimmer closed out of the 400 IM, 500 freestyle, or 1000 free because of heat limitations will receive a refund for that event. The open 500 on Sunday will be a mixed event and swum fastest to slowest. Heats may be limited for this event. In order to accommodate more swimmers, the meet host reserves the right to eliminate relays and refund entry fees.

SEEDING & CHECK IN: This is a deck seeded meet. All swimmers must check in for all of their events no later than 45 minutes prior to the start of the session. Swimmers who fail to check in for their events will not be seeded. Heat and lane assignments will be posted on deck and in the spectator area. Relay cards must be turned in upon call in order to be seeded. In accordance with 102.1.4, events may be seeded together but scored separately. The Lake Erie scratch rule (attached) will be in effect. Check in sheets for the 1000 Freestyle on Friday nights, will not be pulled before 6:30pm.

CLERK OF COURSE: A Clerk of Course will **not** be provided. Teams may designate a representative to assist their swimmers age 8 & younger. Please contact the meet host for a deck pass.

SWIMMERS WITHOUT COACH SUPERVISION must contact the Meet Director or Meet Referee to be assigned to a coach on deck.

SCORING: INDIVIDUAL...11-9-8-7-6-5-4-3-2-1
RELAYS...22-18-16-14-12-10-8-6-4-2

AWARDS: All awards must be picked up at the meet.
12 & under Individual Events as follows 10 & U, 11-12 by gender.
Medals for 1st, 2nd and 3rd; ribbons for places 4-10.
12 & under Relay Events: Ribbons for 1st, 2nd, 3rd
No awards will be issued for swimmers aged 13 & Over.

Team trophies will be provided for the 1st and 2nd place teams overall at the conclusion of the meet.

IMX Trophies will be awarded for the top swimmer in each age group (10 & Under, 11-12, 13-14), based on the IMX events.
10 & Under- 200 IM, 200 free, 100 back, 100 breast, 100 fly

11-12- 200 IM, 500 free, 100 back, 100 breast, 100 fly
13-14- 200 IM, 400 IM, 500 free, 200 back, 200 breast, 200 fly
Swimmers must complete all IMX events offered to be eligible for trophies.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

ADMISSION: \$5.00 per session (Senior 65 & over, and children under the age of 5 are free)

HEAT SHEETS: Heat and lane assignments will be posted on MeetMobile and on the pool deck and spectator area after seeding is completed.

RESULTS: Will be posted on www.lakeerieswimming.com. Teams may request a backup at the conclusion of the meet.

PARKING: CSU charges for event parking (est. \$10 per day). Parking lots are available at the corner of Chester and E. 22nd Street or on Euclid Ave and E. 24th Street. City of Cleveland Meter parking is free after 6:30 p.m. on Friday and all day Saturday and Sunday on Chester Avenue. Cleveland State University Meter parking is available on a very limited basis.

TIME TRIALS: Will not be offered.

SAFETY/WARM-UP: Lake Erie Swimming safety guidelines and warm-up procedures will be in effect at all times. Coaches must maintain contact with their swimmers during warm-up and throughout the meet. All entry into the pool for warm-up is feet first from the starting block end of the pool. Swimmers must enter the pool in a cautious manner by carefully stepping into the water or using the 3-point entry with one hand in contact with the pool edge. There is no diving during warm-up, except in designated sprint lanes. The final 20 minutes of warm-up shall be conducted as follows:

- (a) Lanes 1 & 10 push/pace from the start end of the pool (or general warm-up at the discretion of Meet Referee or his/her designee).
- (b) Lanes 2 & 9 sprint lanes for racing starts from the starting block end of the pool, one length only and exiting the pool
- (c) Lanes 3-8 general warm-up, no diving or racing starts. Any or all of these lanes may be converted to sprint lanes at the discretion of the Meet Referee or his/her designee.

Swimmers are to sprint one way and climb out at the far end of the pool. Swimmers may be removed from warm-up for violating safety rules. Feet first entry only into the continuous warm-up lanes.

MEDICAL SUPERVISION:

A Meet Safety Director and lifeguards will be present to respond to an emergency or provide first aid in the event that is needed.

CAMERA ZONES: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. Additionally, under NO circumstances will Camera Zones include the area immediately behind the starting blocks at either end of the racing course(s) while they are in use for race starts during competition and warm-up. Those failing to abide by this rule may be removed from the venue.

DECK CHANGES: Deck changes are prohibited.

INITIAL DISTANCE: In order to be certain that an initial distance or lead-off relay leg is entered into SWIMS, the swimmer or the swimmer's coach should notify either the meet referee or the admin before the event and provide the necessary watches as back-up to the electronic timing. All lead-off relay splits will automatically be uploaded to SWIMS after admin approval; for all other initial distances, the proper paperwork must be completed after the swim in order for the time to be entered into SWIMS.

OFFICIATING OPPORTUNITY – Anyone that is a USA Swimming certified official is welcome and encouraged to join the Lake Erie Swimming (LESI) officials in working this meet. Please contact the meet director or the Lake Erie Officials Chair in advance of the meet if at all possible to let either know of your availability. We are also looking for anyone that is interested in becoming an official, for more information please contact the Official's Chair.

Meet Director: Eric Peterson, eric.peterson@ncatswim.com

Official's Chair: Jen Butler: jle3@case.edu

COACHES: If needed, coaches' meetings will be held after the conclusion of warm-ups prior to the start of the session.

NOTE: Only athletes entered in the meet, working coaches, officials, and meet workers are allowed on deck. Other non-participants must remain in the spectator area.

MEET DIRECTOR: Eric Peterson eric.peterson@ncatswim.com 216-295-4163

SAFETY DIRECTOR: Sarah Ondrejka ondrejs@ccf.org 216-295-4163

ENTRY PERSON: Dave Wohlfeil ncatmeetentries@gmail.com 216-337-1117

NCAT TYR WINTER INVITE EMERGENCY EVACUATION PLAN

In the event of an emergency requiring evacuation of the facility, please remain calm, listen for instructions and be aware that:

1. Swimmers, coaches and officials will exit the natatorium from the deck through the nearest available exit – most likely the west doors on the pool deck (the scoreboard end).
2. Spectators should exit the nearest exit available from the spectator area. (There are doors on the north, east and south walls of the gallery.) Please **DO NOT** attempt to meet your swimmer(s) before exiting the building.
3. Plan to meet your swimmer(s) in the area outside the west (scoreboard) end of the natatorium.
4. In the event of inclement weather, plan to meet your swimmer(s) in Stillwell Hall, directly across the walk from the west end of the pool.

CLEVELAND STATE CAMPUS PHONE NUMBERS TO CALL IN CASE YOU NEED TELEPHONE ASSISTANCE

**EMERGENCY – 211
CSU POLICE – 2020**

2023 NCAT TYR WINTER INVITE AGE GROUP AND OPEN MEET

SCHEDULE OF EVENTS

Friday Night - 4:45 Warm-Up, 5:50pm meet start (Timed Finals)

December 1, 2023

All swimmers must be equal to or faster than the times listed

Girls #	Cutoff Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & UNDER		
101	3:38.49	200 IM (IMX)	3:35.49	102
109	8:25.39	500 Free	8:16.69	110
		11-12		
103	3:00.19	200 IM (IMX)	2:57.29	104
107	2:59.99	200 Fly	2:53.19	108
111	7:08.79	500 Free (IMX)	6:57.29	112
		11 & Over		
105	6:24.19 (11-12)	400 IM (13 & O IMX)	6:13.09 (11-12)	106
	6:03.59 (13&O)		5:41.49 (13&O)	
		13 & Over		
113	14:01.99	Mixed 1000 Free	13:21.19	113

The 10 & U and 11-12 500 freestyle events may be limited to the 3 fastest seeded heats and will be swum fastest to slowest

The 11 & Over 400 IM may be limited to the 3 fastest seeded heats and will be swum fastest to slowest

The 1000 freestyle may be limited to the 3 fastest seeded heats and will be swum as a mixed events and fastest to slowest.

NCAT TYR WINTER INVITE AGE GROUP AND OPEN MEET

Saturday AM - 7:30 Warm-Up, 8:35 meet start (Prelims/Finals) December 2, 2023

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		11 – 12		
		200 Back	2:51.99	201
		200 Free	2:34.59	204
		50 Back	37.89	207
		100 Breast (IMX)	1:31.39	210
		50 Free	32.59	213
		100 Fly (IMX)	1:22.89	216
		200 Free Relay (TF)		219
		13 & Over		
202	2:49.79	200 IM (IMX)	2:39.99	203
205	1:10.59	100 Free	1:05.59	206
208	2:48.99	200 Fly (IMX)	2:38.19	209
211	1:27.99	100 Breast	1:21.29	212
214	2:46.79	200 Back (IMX)	2:36.29	215
217		200 Free Relay (TF)		218

TF= Timed Final

Saturday PM – Estimated warm-up times will be posted on lakeerieswimming.com and Shakerswimming.org by Wednesday, November 29, 2023.

Meet will begin 50 minutes after the start of warm-ups. (Prelim/Finals) December 2, 2023

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & Under		
222	3:18.99	200 Free (IMX)	3:06.69	223
225	1:58.09	100 Breast (IMX)	1:53.39	226
228	38.89	50 Free	38.09	229
231	1:53.99	100 Fly (IMX)	1:51.39	232
234	46.99	50 Back	47.49	235
237		200 Free Relay (TF)		238
		11 & 12		
221	2:56.59	200 Back		
224	2:40.39	200 Free		
227	1:34.09	100 Breast (IMX)		
230	33.59	50 Free		
233	1:24.39	100 Fly (IMX)		
236	38.09	50 Back		
239		200 Free Relay (TF)		

Order of Events for Finals: 225,226,227,210,211,212 231,232,233,216,205,206, 234,235,221,201,214,215 228,229,230,213, 208, 209, 222,223, 224, 204, 202, 203, 236, 207

Warm-up and start times for finals will be announced at the meet, prior to the conclusion of the morning session and throughout the Saturday afternoon session.

All individual events will be prelim/final with a championship A final for 10&U and 11-12.

Consolation and championship heats (in that order) will be offered for 13&O prelim/final events where a minimum of 20 athletes compete in the prelims

NCAT TYR WINTER INVITE AGE GROUP AND OPEN MEET

Sunday AM - 7:30 Warm-Up, 8:35 meet start (Timed Finals) December 3, 2023

All swimmers must be equal to or faster than the times listed

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		11 – 12		
		100 Back (IMX)	1:22.19	301
		50 Fly	37.09	304
		100 Free	1:10.99	307
		200 Breast	3:14.09	310
		100 IM	1:20.89	313
		50 breast	42.89	316
		200 Medley Relay		319
		13 & Over		
302	2:32.09	200 Free	2:22.99	303
305	1:16.69	100 Back	1:11.49	306
308	3:10.89	200 Breast (IMX)	2:56.59	309
311	1:16.39	100 Fly	1:11.19	312
314	32.59	50 Free	29.89	315
		Open		
317		200 Medley Relay		318
320	6:47.79	MIXED 500 Free (IMX)	6:26.59	320

- 500 Free will be a mixed event scored separately, swum fastest to slowest. Heats may be limited

Sunday PM – Estimated warm-up times will be posted on lakeeriewimming.com and Shakerswimming.org by Wednesday, November 29, 2023

Meet will begin 50 minutes after the start of warm-ups. (Timed Finals) December 3, 2023

Girls #	Cut off Time	Age Group/Stroke	Cutoff Time	Boys #
		10 & Under		
322	1:29.59	100 Free	1:27.79	323
325	1:41.99	100 Back (IMX)	1:39.79	326
328	47.39	50 Fly	45.69	329
331	1:42.59	100 IM	1:38.79	332
334	53.19	50 Breast	52.09	335
337		200 Medley Relay		338
		11 – 12		
321	3:20.89	200 Breast		
324	1:13.59	100 Free		
327	1:24.79	100 Back (IMX)		
330	36.49	50 Fly		
333	1:24.09	100 IM		
336	42.99	50 Breast		
339		200 Medley Relay		

NCAT TYR WINTER INVITE AGE GROUP AND OPEN MEET

SPONSORED BY NORTH COAST AQUATIC TEAM December 1- December 3, 2023

MEET ENTRY SUMMARY PAGE

Team Name: _____ Team Code: _____ LSC Code: _____

Contact Person: _____ Email: _____

Daytime Phone: _____ Evening Phone: _____

Address: _____ City: _____ State: _____ Zip _____

_____ (total # of swimmers) X \$3.00 (LESI Surcharge) = \$ _____

_____ (total # of individual events) X 8.00/event = \$ _____

_____ (total # of relay events) X \$12.00 relay entry = \$ _____

_____ (total # of swimmers) X \$5.00 (handling fee for paper entry) = \$ _____

TOTAL AMOUNT REMITTED \$ _____

- Swimmers will be without a coach on deck:
 - Fri. pm, • Sat. am, • Sat. pm, • Sun. am, • Sun pm.
- I have arranged for my swimmer/s to be supervised by _____.
- A coach will be present during the meet

Please indicate how many coaches will be attending on Saturday _____; on Sunday _____

I VERIFY THAT EVERY SWIMMER LISTED ON THE ENCLOSED ENTRY FORM IS A REGISTERED ATHLETE MEMBER OF USA SWIMMING AND THAT EVERY COACH REPRESENTING OUR TEAM AT THIS MEET WILL BE A CURRENT COACH MEMBER OF USA SWIMMING.

SIGNED: _____ (coach or member team representative). DATE: _____

Make checks payable NORTH COAST AQUATIC TEAM and mail to: NCAT Winter Invite, c/o Dave Wohlfeil 2140 Elbur Ave., Lakewood, Oh 44107-6143, . **Please note:** All entries submitted with this sheet should be covered by a single check. **Entries will not be accepted prior to Monday, November 6 at 9:00pm. Email electronic files to ncatmeetentries@gmail.com . DEADLINE FOR RECEIPT of the entries is November 20, 2023.** This sheet must accompany all entries, including HY-TEK Meet Manager electronic entries.

LAKE ERIE SWIMMING, INC.

INDIVIDUAL AND RELAY SCRATCH RULE

Each swimmer/relay team shall be aware of the meet starting time and shall report to the proper meet authorities promptly upon call.

A. Pre-Seeded Meets - Each swimmer/relay team shall report promptly to the Clerk of Course or starting blocks prior to the race in which the swimmer/relay team is entered. Any swimmer/relay team not reporting for or competing shall not be penalized. Teams that enter multiple swimmers and subsequently fail to notify the meet host prior to the seeding that multiple swimmers they entered do not intend to compete may be fined \$25 per swimmer per day, at the discretion of the Meet Referee.

B. Events Seeded on the Deck –

(1) Events seeded on the deck shall be closed for seeding no earlier than forty-five (45) minutes prior to the start of the session. Host may provide alternate methods of check-in (such as email, phone, fax) for swimmers who do not plan to arrive before the scratch deadline.

(2) Any swimmer who has checked in for an individual event 400 yards/meters or longer must swim in the event unless the swimmer notifies the Administrative Official before the seeding of the event has begun that the swimmer wishes to scratch; failure to scratch prior to seeding and not swimming the event will result in a fine of \$25.00 to the swimmer's club or to the unattached swimmer, except as noted in "Exceptions for Failure to Compete" (below). A declared false start or deliberate delay of the meet in events 400 yards/meters or longer is not permitted and will be regarded as a failure to compete.

(3) Any agent of a team (coach, parent, swimmer, etc.) who checks in swimmers for events when those swimmers are not present at the meet may cause a fine of \$25.00 per swimmer per day to be levied against that team at the discretion of the Meet Referee.

(4) Events seeded on the deck and swum as a timed final with one or more heats swimming with finals shall provide the swimmer the opportunity to indicate their desire to swim only during the preliminary session by indicating this desire by placing a "P" next to their name on the sign in sheet. Any swimmer failing to indicate this desire who does not compete during the finals session shall be subject to a fine of \$25.00, except as noted in "Exceptions for Failure to Compete" (below).

C. Scratching from Bonus Finals, Consolation Finals and Finals

(1) Any swimmer qualifying for a C, B, or A (bonus and consolation final or) final race in an individual event who fails to compete in said final race shall be barred from further competition for the remainder of the meet, except as noted below in "Exceptions for Failure to Compete." If such failure to compete occurs on the swimmer's last day of the meet, the swimmer's club shall be fined twenty-five dollars (\$25.00) by LESI. If the swimmer is not a member of a USA Swimming member club, the swimmer shall be fined \$25.00. A declared false start or deliberate delay of meet is not permitted and will be regarded as a failure to compete.

(2) In the event of withdrawal or barring of a swimmer from competition, the Referee shall fill the consolation final or final when possible, with the next qualified swimmer(s). First and second alternates shall be announced along with the final qualifiers. These alternates shall not be penalized if unavailable to compete in the finals.

(3) When consolation finals have not yet been swum and a barring or withdrawal is known to the Referee, the Referee shall re-seed the consolation final and the final, if necessary, to insert the alternate(s) in the appropriate lane(s), filling all lanes in the final.

(4) If a consolation final has already been contested, the final shall be swum without reseeding for the empty lane(s).

D. Exceptions for Failure to Compete - No penalty shall apply for failure to withdraw or compete in an individual event if

(1) The Referee is notified in the event of illness or injury and accepts the proof thereof.

(2) A swimmer qualifying for a bonus or consolation final or final race following preliminaries notifies the Referee or designee within thirty (30) minutes after the announcement of the qualifiers for that race that the swimmer may not intend to compete. The swimmer must declare within thirty (30) minutes following the swimmer's last individual preliminary event a final intention to scratch or swim.

(3) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer

